



SUMMER CORN *Salad*

INGREDIENTS

- 3 cups soybeans (edamame), shelled and steamed
- 3 cups corn kernels
- 1 red bell pepper, chopped
- 3/4 cup green onions, chopped
- 1/2 cup red onions, chopped
- 1/4 cup fresh Italian parsley, chopped
- 2 Tbsp. fresh oregano or basil, chopped

For Dressing:

1/3 cup fresh lemon juice
2 Tbsp. Dijon mustard
2 Tbsp. olive oil
Salt & pepper to taste

DIRECTIONS

- Shell and steam edamame. Drain and rinse with cold water.
- Shuck corn.
- Chop onions and herbs.
- Combine main ingredients in large bowl, set aside.
- Whisk dressing ingredients together in a small bowl.
- Add dressing to main ingredients. Toss to coat.

NUTRITION (based on 4 servings):

Calories: 386 | Fat: 18g | Sat Fat: 2g | Sodium: 126 mg | Carb: 44g | Fiber: 10g | Protein 21g

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